

Personality Types

The theory of Personality Types, as it stand today, contends that:

An individual is either primarily **E**xtraverted or **I**ntroverted

An individual is either primarily **S**ensing or **i**Ntuitive

An individual is either primarily **T**hinking or **F**eeling

An individual is either primarily **J**udging or **P**erceiving

The possible combinations of the basic preferences form 16 different Personality Types. This does not mean that all (or even most) individuals will fall strictly into one category or another. As we grow and learn, most of us develop the ability to function well in realms, which are not native to our basic personalities. In the trials and tribulations of life, we develop some areas of ourselves more thoroughly than other areas. With this in mind, it becomes clear that we cannot box individuals into prescribed formulas for behavior. However, we can identify our natural preferences, and learn about our natural strengths and weaknesses within that context.

The theory of Personality Types contends that each of us has a natural preference which falls into one category or the other in each of these four areas, and that our native Personality Type indicates how we are likely to deal with different situations that life presents, and in which environments we are most comfortable.

Learning about our Personality Type helps us to understand why certain areas in life come easily to us, and others are more of a struggle. Learning about other people's Personality Types help us to understand the most effective way to communicate with them, and how they function best.

DIRECTIONS:

On the following pages there are 8 headings. Under each heading there is a list of characteristics. Read each list and decide which characteristics are most like you. When you are finished you will have 4 letters that make up your personality type. Write these letters in the spaces below.

_____ _____ _____ _____
(E or I) (S or N) (T or F) (J or P)

Now log on to www.personalitypage.com and click on the mans face to get your personality portrait.

MEYERS – BRIGGS TYPE INDICATOR

UNDERSTANDING TYPE PREFERENCES

E (Extraversion)

Gets energy from interacting with people and things

Needs to talk in order to process what he/she is thinking

Acts, then (maybe) reflects

Likes variety and interaction

Expressive. If you don't know what an extrovert thinks, you aren't listening

I (Introversion)

Gets energy from thinking about ideas, thoughts, feelings, and impressions

Need time and space alone to think

Reflects, then (maybe) acts

Needs privacy and intimacy

Reflective. If you don't know what an introvert is thinking, you need to ask

S (Sensing)

Focuses on specifics, information, and facts

Sees what really is

Reads directions – starts at the beginning, takes one step at a time

Likes things that are definite, concrete and measurable

Sensible and practical

N (iNtuitive)

Focuses on big picture, relationships and patterns

See possibilities – what could be

Jumps in anywhere in a process – leaps over steps, following hunches

Likes opportunities for being inventive, creative and original

Intuitive and imaginative

T (Thinking)

Decides with head using a logical, objective, analytical process

Values what is true and fair

Focuses on analyzing situations

Needs opportunities for challenge, debate and logical reasons for doing things – may be skeptical

Critiques

F (Feeling)

Decides with heart using personal subjective convictions

Values harmony and what is person-centered

Focuses on understanding people

Needs to be shown appreciation – may be sensitive to indifference

Persuades

J (Judging)

Likes a planned orderly way of life

Wants to control life

Sets up “shoulds & oughts” and regularly judges self against these

Likes things decided – welcomes deadlines

Is only interested in essential information

P (Perceiving)

Likes a spontaneous, flexible way of life

Wants to adapt to life

Wants to understand things more than manage them

Wants to remain open, postponing decisions and action until the last minute

Never has enough information